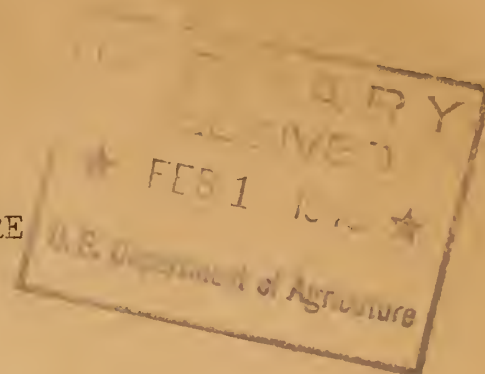


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UNITED STATES DEPARTMENT OF AGRICULTURE
FARM SECURITY ADMINISTRATION



CANE SIRUP RECIPES

(Prepared by the Bureau of Home Economics, U.S.D.A., Washington, D.C.
for the Home Management Section of the Farm Security Administration)

Muffins

2 cups sifted flour	2 tablespoons cane sirup
3 teaspoons baking powder	1 cup milk
1/2 teaspoon salt	4 tablespoons fat, melted
1 egg, beaten	

Sift the dry ingredients together. Mix the beaten egg with the sirup, add the milk and melted fat, and add to the dry ingredients all at once. Stir just enough to moisten and give the mixture a rough appearance. Fill greased muffin pans two-thirds full. Bake in a hot oven (400°-425°F.) for about 20 minutes.

Boston Brown Bread

1-1/2 cups corn meal	4 teaspoons baking powder
1 cup whole-wheat flour	2 cups sweet milk
1 teaspoon salt	3/4 cup cane sirup

Mix the dry ingredients, and add the milk and sirup. Beat the mixture thoroughly and pour into greased molds until they are about three-fourths full. Cover loosely to keep out the moisture and steam for 3-1/2 hours. Remove the covers and bake the bread in a moderate oven for about 10 minutes to dry it. If the bread seems likely to crumble, loop a string around the loaf and cut slices by pulling the ends of the string.

Two cups of sour milk and 1 teaspoon of soda may replace the sweet milk in the recipe.

Ginger Bread

3 cups sifted flour	1/2 teaspoon cinnamon
1/2 teaspoon soda	2 eggs, beaten
2 teaspoons baking powder	1/2 cup milk
1/2 teaspoon salt	1/2 cup fat, melted
1 teaspoon ginger	1-1/2 cups cane sirup
1/2 teaspoon cloves	

Sift the dry ingredients together. Combine the beaten eggs, milk, and melted fat, and add this mixture to the dry ingredients, stirring in the sirup last. Bake in shallow pans in a moderate oven (350°F.) for 30 to 40 minutes, or in muffin pans in a hot oven (400°F.) for 20 to 25 minutes.

One-half cup of sour milk and 3/4 teaspoon of soda may replace the sweet milk and soda in the recipe.

Corn Meal Gingerbread

1 cup finely ground corn meal	1/2 teaspoon cinnamon
1 cup sifted flour	1/2 teaspoon cloves
1/2 teaspoon salt	3/4 cup milk
1/4 teaspoon soda	1/4 cup fat, melted
3 teaspoons baking powder	1 egg, beaten
2 teaspoons ginger	1 cup cane sirup

Sift together the dry ingredients. Add the milk, melted fat, beaten egg, and sirup. Stir well. Bake in two shallow pans in a moderate oven (350°F.) for 30 to 40 minutes.

Three-fourths cup of sour milk may replace the sweet milk. In that case use 1/2 teaspoon of soda and 2 teaspoons baking powder.

Corn Meal Cup Cakes

1 cup finely ground corn meal	1/3 cup milk
1/2 cup sifted flour	1/4 cup melted fat
3 teaspoons baking powder	1/3 cup cane sirup
1/2 teaspoon salt	1 cup raisins, chopped
2 eggs, beaten	

Sift the dry ingredients together. Combine the beaten eggs and the milk and melted fat and add with the sirup and raisins to the dry ingredients. Mix well and bake in greased muffin pans in a moderately hot oven (375°F.) for 20 to 25 minutes. Serve hot.

Plain Cake

3 cups sifted soft-wheat flour	2/3 cup milk
3 teaspoons baking powder	1/4 cup fat, melted
1/4 teaspoon salt	1 teaspoon vanilla
1 egg beaten	1 cup cane sirup

Sift the dry ingredients together. Combine the beaten egg, milk, melted fat, and vanilla; add to the sifted dry ingredients and beat well. Add the sirup, mixing thoroughly, into the batter. Pour into a greased pan and for a thin loaf, bake in a moderate oven (365°F.) for about 25 minutes. As cup cakes, bake in a moderately hot oven (375°F.) for about 20 minutes.

Variation: To make a Spice Cake sift 1-1/2 teaspoons cinnamon, 1/2 teaspoon nutmeg, and 1/4 teaspoon cloves with the dry ingredients.

Apricot Upside-Down Cake

1/3 pound dried apricots	1/4 cup milk
1-1/2 cups sifted soft-wheat flour	1/2 cup cane sirup
1/4 teaspoon salt	1/4 cup melted fat
3 teaspoons baking powder	1 teaspoon vanilla
1 egg beaten	2 tablespoons fat
	1/2 cup cane sirup

Soak the apricots in hot water. Cook until tender and drain. Sift the dry ingredients together. Combine the beaten egg, milk, 1/2 cup of sirup, melted fat, and vanilla, add to the dry ingredients and beat well. In the bottom of a skillet or a shallow baking dish, melt the 2 tablespoons of fat, pour in the remaining 1/2 cup of cane sirup and mix well. In this arrange the apricot halves with the skin side down. Pour the cake mixture over the apricots and spread carefully. Bake in a very moderate oven (300°-325°F.) for about 40 minutes. Loosen the sides of the cake, turn it out upside down on a large plate. Serve hot with sauce or cream.

Ginger Snaps

1 cup cane sirup	3/4 cups sifted flour
1/2 cup fat	1 to 2 tablespoons ginger
1/4 teaspoon soda	1-1/2 teaspoons salt

Heat the sirup and fat until the fat is just melted, and add to the sifted dry ingredients. Mix well, cool until the dough can be molded into a roll. Wrap in waxed paper and put in a cold place to chill for several hours or overnight. The dough must be cold through and through to cut properly. When ready to bake, cut the roll into very thin slices with a sharp knife and bake in a moderate oven (350°F.) until lightly browned. Remove from the pan while hot. Store the snaps in a tightly closed container, so that they will retain their crispness.

Trop Cookies

1/2 cup fat	1/2 teaspoon salt
1 cup cane sirup	1/4 teaspoon soda
1 egg, beaten	1 tablespoon milk
2 cups sifted flour	1 teaspoon vanilla
2 teaspoons baking powder	

Cream the fat, add the sirup mixed with the beaten egg, and beat well. Add the sifted dry ingredients, milk, and vanilla. Drop by teaspoonfuls onto a greased baking sheet, allowing room for the cookies to spread. Bake to a golden brown in a moderately hot oven (375°-400°F.). Remove from the sheet while hot.

Corn Meal Cookies

1-1/4 cups cane sirup	2 cups sifted flour
1/2 cup fat	3 teaspoons baking powder
1 egg, beaten	1/4 teaspoon soda
1/4 cup milk	1/2 teaspoon cinnamon
1-1/2 cups finely ground corn meal	1/2 teaspoon ginger
	1/2 teaspoon salt

Heat the cane sirup and fat until the fat is just melted, and add to the mixture of beaten egg and milk. Sift together the dry ingredients and add the liquid mixture. Stir well. Drop by spoonfuls onto a greased baking sheet and bake in a moderate oven (350°F.) until light brown. Remove from the sheet while hot.

Rolled Oats Cookies

1/2 cup fat	1/4 teaspoon soda
1 cup cane sirup	1/4 cup milk
1 egg, beaten	1-1/2 cups rolled oats
1-1/2 cups sifted flour	1/2 cup chopped peanuts
1/2 teaspoon salt	1 cup seeded raisins
2 teaspoons cinnamon	

Cream the fat and add the sirup mixed with the beaten egg. Sift together the dry ingredients, except the rolled oats, and add with the milk to the first mixture. Add the rolled oats, nuts, and raisins. Mix well. Drop by spoonfuls onto a greased baking sheet. Bake to a golden brown in a moderately hot oven (375°-400°F.). Remove from the sheet while hot.

Steamed Apricot Pudding

1/2 pound dried apricots	1/2 cup milk
1/4 cup water	1-1/2 cups sifted flour
1/4 cup fat	2 teaspoons baking powder
1/2 cup cane sirup	1/4 teaspoon salt
1 egg, beaten	

Wash the apricots, chop fine, and soak in the water until all the water is absorbed. Cream the fat, add the sirup mixed with the beaten egg, then add this mixture alternately with the milk to the sifted dry ingredients. Add the apricots and beat well. Pour into a well-greased mold. Cover lightly and steam for 2 hours. Serve hot or cold with sauce, milk, or cream.

Dried Fruit Pudding

1 cup chopped dried fruit	1/2 teaspoon salt
1/2 cup boiling water	1-1/2 teaspoon baking powder
1 tablespoon butter	1/4 teaspoon soda
1 egg	1 cup chopped nuts
1 cup cane sirup	1 teaspoon vanilla
1-1/4 cups sifted soft-wheat flour	

Mix the fruit, boiling water, and butter. Beat the egg and add the cane sirup, mixing well. Sift the dry ingredients together, and add the nut meats; stir into the sirup mixture. Add the vanilla, beat well. Pour into an 8-inch loaf pan, bake in a moderate oven (350°F.) for about 45 minutes. Serve hot or cold, with sauce or cream.

Rice Pudding

1-1/2 cups cooked rice	Pinch of salt
1-1/2 cups milk	Pinch of nutmeg
1 egg, beaten	1/2 cup raisins, chopped
1/2 cup cane sirup	

Heat the rice and milk in the top of a double boiler. Beat the egg, add the sirup, salt, and nutmeg. Stir in about 1/2 cup of the hot milk-rice mixture, then add to that remaining in the double boiler. Add raisins and cook 3 to 5 minutes or until thickened. Serve hot or cold.

Rice Cream Pudding

1/3 cup rice	3/4 teaspoon salt
1/2 cup water	1/2 cup cane sirup
1-1/2 cups milk	1/2 cup chopped prunes or raisins

Wash the rice and soak for 1/2 hour in the water and milk. Add the salt and bring to boiling over direct heat. Then cook in a covered double boiler for 40 minutes or until the rice is soft and the mixture is thick. Add the sirup to the mixture, then add the dried fruit.

Oats Pudding

2 cups milk or water	1/2 cup raisins, chopped
1 cup rolled oats	1/4 teaspoon salt
1/3 cup cane sirup	

Scald the milk, add the rolled oats slowly, and cook for 5 minutes, stirring constantly. Remove from the fire, add the sirup, then the raisins and salt, and mix well. Pour into a dish and allow to cool and set before serving.

Baked Oats Pudding

1/2 cup raisins, chopped	1/2 teaspoon cinnamon
1 cup rolled oats	1 egg, beaten
2 cups milk	1 teaspoon vanilla
1/2 cup cane sirup	2 tablespoons fat, melted
1/4 teaspoon salt.	

Add the raisins to the rolled oats, stir in the milk, and allow to stand 10 minutes. Add the sirup with remaining ingredients to the first mixture. Pour into a greased baking dish and set in a pan of water in a moderate oven (350°F.) for about 1 hour.

Or, 2 cups cooked rolled oats may be used. Reduce the milk to 1-1/2 cups and the sirup to 1/4 cup. Scald the milk and pour over the rolled oats before adding remaining ingredients.

Indian Pudding

2 cups milk	3 tablespoons cane sirup
3 tablespoons corn meal	1/4 teaspoon ginger
1/2 teaspoon salt	

Cook the milk, corn meal, and salt in a double boiler for 20 minutes. Stir in the sirup and ginger, pour into a greased baking dish, and bake in a very moderate oven (300°F.) for about 2 hours. Serve hot or cold with milk or cream.

Cornstarch Pudding

3 tablespoons cornstarch	3-4 tablespoons cane sirup
1/8 teaspoon salt	1 teaspoon vanilla
2 cups milk	

Mix the cornstarch and salt with 1/2 cup of cold milk. Scald the remainder of the milk in the top of a double boiler. Add the cornstarch mixture to the scalded milk, let boil until thick and smooth, stirring constantly. Cover and cook in a double boiler for 20 minutes. Just before taking from the fire, add the sirup and vanilla, stir, and pour into molds. Allow to cool before unmolding.

Bread Pudding

1/2 cup cane sirup	1 teaspoon cinnamon
1 egg, beaten	1/4 teaspoon nutmeg
2 cups milk	1/8 teaspoon salt
1-1/2 cups bread crumbs	1/2 cup chopped raisins
1 tablespoon melted fat	

To the sirup add the beaten egg and milk and pour over the bread crumbs. Stir in the remaining ingredients. Pour into a greased baking dish, and set in a pan of water and bake in a moderate oven (350°F.) until firm.

Cane Sirup Pie

1-3/4 cups milk	1/2 cup fat
6 tablespoons cornstarch	1 teaspoon vanilla
1/2 teaspoon salt	1 9-inch baked pie crust
3/4 cup cane sirup	2 eggs whites
2 egg yolks	2 tablespoons cane sirup

Stir 1/2 cup of the milk into the cornstarch and salt, mixing well to remove lumps. Scald the remainder of the milk in a double boiler; add some of the hot milk to the cornstarch, mix well, and return to the double boiler. Add the 3/4 cup of sirup, stir until thickened, cover, and cook for 15 minutes. Pour some of this mixture into the beaten egg yolks, combine with the rest of the mixture, and return to the double boiler. Cook for a few minutes and add the fat and vanilla, stirring until thoroughly blended. Pour into a 9-inch baked pie crust and let stand while making the meringue.

Meringue - Beat the egg whites until foamy, add the 2 tablespoons of sirup slowly, a tablespoon at a time, beating after each addition until sirup is well-blended. Continue beating until mixture will stand alone, spread over the filling to the edge of the crust and bake in a very moderate oven (325°F.) for 15 to 20 minutes or until lightly browned.

Variation - The cornstarch mixture may be served as a pudding.

Candied Sweetpotatoes

6 medium-sized sweetpotatoes	1/2 teaspoon salt
1 cup cane sirup	4 tablespoons butter

Partially cook the sweetpotatoes in boiling water, cool, and skin. Cut the sweetpotatoes in halves lengthwise or in three pieces if they are large. Put in a greased baking dish large enough for just one layer, not packing too closely. Heat the sirup, salt, and butter and pour over the sweetpotatoes. Bake in a very moderate oven for 1 hour or more, basting frequently.